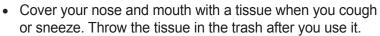
Here are everyday actions you can do to stay healthy







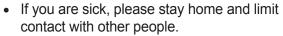
Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.



Do not touch your eyes, nose or mouth - that's how germs are spread.



Avoid close contact with sick people. The flu goes from one person to another when sick people cough or sneeze.





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5/5/09 - CDC recommendations are subject to change. For more information, go to: http://www.cdc.gov/h1n1flu/#stay_healthy

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